

HOW TO FILL OUT YOUR STEP UP TO FITNESS MONTHLY LOG:

Be sure to **PRINT** your full name and other information requested on the front of your monthly log.

EXERCISE RECORD (section A): minimum of 25 points

Refer to the Exercise Credit System Chart below to determine the amount of points associated with each activity. Keep track of your points on the daily exercise record on the inside of your scorecard. (For Example: Jogging is worth 2 points for every 20 minutes. Brisk Walking is worth 2 points for every 30 minutes. Basketball is worth 2 points for every 60 minutes played. Walking is worth 1 point for every hour. Snow Skiing is worth 2 points for every 2 hours. Golfing (no cart) is worth 1 point for every 9 holes played.) To be entered into the monthly prize drawing and to be eligible for the 5-month incentive, you must earn a minimum of 25 points on each log. The 25 points may include the 5 points from section B, see below for details.

EXERCISE CREDIT SYSTEM (For Section A):

Aerobics Cross-Country skiing Hiking Jogging Running Mt. Biking Spin Class Rowing Machine Stair climber Health Rider	Brisk Walking Lap Swimming Bicycling Stationary Bike Rollerblading Skating Weightlifting Yoga/pilates	Basketball Football Racquetball Squash Tennis-singles Stretching Lawn Mowing	Softball Tennis - Doubles Volleyball Karate Pleasure Swim Walking Bowling House Cleaning	Horse-Back riding Snow Skiing Water Skiing Gardening	Golfing (Walking)
20 min. 2 pts.	30 min 2 pts.	60 min. 2 pts.	60 min. 1 pt.	2 hours 2 pts.	9 Holes 1 pt.

Section B (5 points): This section is on the inside of your monthly log. Each question is worth the designated amount of points. Your lifestyle points may go toward your 25 minimum points

Section C & D: These sections are for those participating in the Year Incentive.

HEALTHY LIFESTYLE - Tips of the Month! **April Is Cancer Control Month**

ACTIVE FOR LIFE PROGRAM

Monday, April 17th, through Sunday May 28th

Departments will be competing for prizes. Join the team and get points for exercising, eating well, attending seminars and activities. Call Ashley @ 451-3487 for more info. and to sign up.

WORKOUT FACILITY TOUR

Thursday, April 20, 11:30-12:15, and 12:30-1:15 meet in room 216 of the Courthouse.

Come learn how to get access to Davis County's workout room located in the Annex Building. We will tour the facility and learn proper technique and equipment operation. *Active for Life- 5 bonus points*

ACTIVE AT LUNCH

Wednesday April 26th, 12:30 Exercise room in the basement of the Annex

Take a break and enjoy the benefits of strength training. This is a three week class where we will focus on proper technique as we target all major muscle groups.

Active for Life- 5 bonus points



Healthy Lifestyle Incentive April Log

Name: _____ **Dept:** _____ **Ext:** _____

Rules for Participation

What is it? The Healthy Lifestyle Incentive is based on a point system. This incentive is structured to reward employees who put effort towards living a healthier lifestyle. Employees have the opportunity to earn points throughout the year, by exercising, eating 5 fruits and vegetables a day, having preventive care exams, attending seminars and participating in wellness activities. There are four different incentives you may participate in: the Monthly Incentive, 5-Month Incentive, Year Incentive as well as the Annual Most Point's Incentive. Those who participate will be eligible for any or all of the incentives offered. See inside for more details.

Who can participate? Any Davis County employee and spouse are eligible to participate.

How do I get started? Get a Step Up To Fitness Incentive Program Rules and Guidelines pamphlet from Ashley in Personnel. This pamphlet outlines the program and lists the different areas to participate in. Begin keeping track of your points on the corresponding Monthly Log that you can get from Ashley. Look on the back of your Monthly Log for instructions on filling out the Exercise and Lifestyle sections. Monthly Logs are due to Ashley no later than the 10th of the following month in order to be entered into the monthly prize drawing. Check out the Healthy Lifestyle Incentive Tip of the Month Box on each Monthly Log for the dates of seminars, activities, and other tips for participation in the program.

Good luck everyone in your health and fitness goals for 2005!!!

Questions? Call Ashley in Personnel @ x 3487.



April

SECTION A: Daily Exercise Record (see back for credit) 25 points Minimum

Date	Type of Exercise	Duration	Exercise points
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			

24			
25			
26			
27			
28			
29			
30			

Total Exercise Points = _____

SECTION B: Lifestyle (5 points)

I always eat 5 servings of fruits and/or vegetables daily? (3 points) Y / N

I always use my seatbelt? (1 point) Y / N

I lost no work time from sickness or injury this month? (1 point) Y / N

Lifestyle points = _____

Total Log Points = _____
(Exercise + Lifestyle

points)

MONTHLY INCENTIVE: Every month those employees and spouses that turn in their logs by the 10th of the following month and meet the minimum of 25 Total Log Points will be entered into a monthly prize drawing.

5-MONTH INCENTIVE: Every 5 logs a participant turns in that meet the minimum 25 Total Log Points will earn a gift card and be entered into a larger prize drawing held in June as well as December. Turning in a total of 10 logs throughout the year may earn you 2 gift cards and enter individuals into both drawings in this category.

YEAR INCENTIVE: At year-end all employees and spouses who have met the minimum point requirements for 10 logs and have met the minimum point requirement for preventive care and have participated in at least one wellness challenge, will be awarded an incentive. Also, in this category individuals with the most Total Healthy Lifestyle Incentive Points will be rewarded an additional incentive. Total Healthy Lifestyle Incentive points are determined by exercise points, lifestyle points, preventive care points, Wellness Challenge points as well as bonus points earned through seminar and activity participation.

SECTION C: Preventive Care (65 points min.)

I had a preventive exam done this month and have attached a doctors note? Y / N
(See Rules and Guidelines pamphlet for designated point amount for exams)

SECTION D: Wellness Challenge (participate in at least one challenge)

I participated in a wellness challenge this month? (20 bonus points) Y / N

What challenge? _____

SECTION E: Bonus Points (50 points max.)

I attended a wellness seminar/or activity this month? (10 bonus points) Y / N

Which Seminar(s)? _____

DON'T FORGET – Logs must be turned in by the 10th of the following month to be entered into the prize drawing. Late logs must be turned in by the last day of the following month

or they will not be accepted towards the 5-month incentive or the Year Incentive.